What is claimed is:

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- 1. A laser system with self-injection locking, the laser system comprising:
- (a) a single frequency laser having a laser output for delivering laser light at a frequency ω_{o} ;
- (b) a modulator coupled to the output of the laser for generating two sidebands, the modulator being driven by a RF signal at a frequency ω_m ;
- (c) a filter coupled to an output of the modulator for suppressing or passing one of the two sidebands; and
 - (d) an optical path coupling an output of the filter to the laser for injection locking.
- The laser system with self-injection locking of claim 1 wherein the modulator is coupled to the laser via an optical coupler whereby the modulator receives a portion of the laser's output.

 The laser system with self-injection locking of claim 2 wherein the modulator is a Machania.
- The laser system with self-injection locking of claim 2 wherein the modulator is a Mach-Zehnder modulator.
- The laser system with self-injection locking of claim 2 wherein the modulator is an accousto-optic modulator.
 - 5. The laser system with self-injection locking of claim 2 wherein the modulator is an electro-optic modulator.
 - 6. The laser system with self-injection locking of claim 1 wherein the filter suppresses one of the two sidebands and leaves the other sideband substantially unattenuated.
 - 7. The laser system with self-injection locking of claim 1 wherein the laser is a distributed feedback laser.

- The laser system with self-injection locking of claim 1 wherein the modulator produces 8. carrier suppressed sidebands.
- 9. The laser system with self-injection locking of claim 1 wherein the filter suppresses any carrier produced by the modulator.
- 10. The laser system with self-injection locking of claim 1 wherein the filter is a Bragg Fiber Grating.
- A method of enhancing the modulation bandwidth of a distributed feedback laser, the 11. distributed feedback laser having a operating frequency and having an output and an input, the method comprising the steps of:
- (a) tapping the output from the distributed feedback laser to thereby define a tapped optical signal;

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- (b) shifting the frequency of the tapped optical signal to thereby define a shifted optical signal;
 - (c) feeding the shifted optical signal back into the input of the distributed feedback laser.
- 12. The method of claim 11 wherein a Surface Acoustic Wave (SAW) device is used to shift the frequency of the tapped optical signal.
 - 13. The method of claim 11 wherein an optical modulator device is used to shift the frequency of the tapped optical signal.
 - 14. The method of claim 13 wherein the modulator is a Mach-Zehnder modulator.
 - The method of claim 13 wherein the shifting step includes suppressing unwanted 15.

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- The method of claim 15 wherein a Bragg Fiber Grating filter is used to suppress the 16. unwanted frequencies further.
- 17. The method of claim 11 wherein the step of feeding the shifted optical signal back into the input includes suppressing unwanted frequencies.
- 18. The method of claim 17 wherein a Bragg fiber grating is used to suppress the unwanted frequencies.
- 19. A laser system with self-injection locking, the laser system including:
 - (a) a laser having a laser output at a frequency ω_0 ;
 - (b) an optical port providing a portion of said laser output at said port;
- (c) a modulator coupled to the port, the modulator generating two sidebands, the modulator being driven by a RF signal at a frequency ω_m ;
- (d) a filter coupled to an output of the modulator for suppressing one of the two sidebands and leaving the other sideband essentially unattenuated; and
 - (e) an optical path coupling an output of the filter to the laser for injection locking.
 - The laser system with self-injection locking of claim 19 wherein the modulator generates 20. two carrier-suppressed sidebands.
 - 21. The laser system with self-injection locking of claim 19 wherein the filter is a Bragg Fiber Grating.
 - The laser system with self-injection locking of claim 19 wherein the optical port is 22. provided by an optical coupler connected to receive the laser output.

- 23. A laser system with self-injection locking, the system including a laser having a laser output at a frequency ω_0 ; an optical port providing a portion of the laser output at the port; a modulator, coupled to the port, driven by a RF signal at a frequency $\boldsymbol{\omega}_m$ to generate two sidebands at $\omega_o \pm \omega_m$; a filter coupled to the modulator for passing or suppressing one of the two sidebands of the signal $\omega_0 \pm \omega_m$; and an optical path for coupling an output of the filter to the laser for injection locking the laser.
- 24. The laser system of claim 23 wherein the modulator produces the signal $\omega_0 \pm \omega_m$ as a carrier suppressed signal.
- 25. The laser system of claim 23 wherein the modulator produces the signal $\omega_o^{}\pm\omega_m^{}$ as a signal with a carrier and said two side bands and wherein said filter suppresses said carrier and
- one of said two sidebands.

 26. The laser system of cable. The laser system of claim 23 wherein the optical path includes at least one fiber optic
 - The laser system of claim 23 wherein the filter is is a Bragg Fiber Grating.
 - 28. The laser system of claim 23 wherein the optical path includes a portion of free-space.